A men's anger management class

For men who feel that their verbal and emotional expression of anger is out of control.

For men who desire to significantly improve their relationships at home and at work.

Presented by:

Men helping men with anger

Website: www.tcmc.org
CLASS OBJECTIVES

Main Objective: To learn and actively practice new skills, tools, and techniques to understand and manage your anger, feel better about yourself in day-to-day life and, as a result, significantly improve relationships at home and work.

Also:

- To better understand your anger escalation process.
- To become clearer about how explosive anger affects you and others around you.
- To end threatening and intimidating behavior and to decrease the frequency of emotional and verbal abuse toward others.
- To accept responsibility for past abusive behavior and to work at identifying and changing controlling attitudes and behaviors that have led to becoming explosive and abusive.
- To identify and express more openly and assertively all your feelings.
- To examine and work on childhood and shame issues that relate to abusive behavior and to better understand how these issues relate to your current abuse of others.
- To learn to experience more control over yourself and your actions and to make clear choices about—and take responsibility for—thoughts, feelings, wants, and behaviors in the present.
- To learn to identify and deal more effectively with life stressors as they arise.
- To begin to actively use group members and others for emotional support and sharing.

CLASS STRUCTURE

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

DETAILS

Length of Class: 12 consecutive weeks
Number of Participants: Space is limited to 15 participants with 2 facilitators per class
Cost: $275 for Men's Center Members
       $265 for Non-Members (includes a TCMC membership)
Starting Dates and Times:
Classes will be scheduled as the waiting list fills. Please call TCMC at 612-822-5892 for class dates. State name, address, telephone, preferred day of the week, and available starting date. For other questions call the coordinator, John Hesch at 612-229-3102.

Register today! Space is limited. See attached registration form.

REGISTRATION FORM

Name ________________________________
Address ___________________________________________
City/State/Zip _______________________________________
Home Phone ____________________________
Work Phone ____________________________
Cell Phone ____________________________
E-mail Address __________________________

Register me for the class starting: 

*Call TCMC for class schedule.
Member of Twin Cities Men's Center? ___ Yes ___ No

Make check out to TCMC

Complete this form and send along with payment to:

Men Helping Men With Anger
Twin Cities Men's Center
3249 Hennepin Ave. So., Suite 55
Minneapolis, MN 55408
612-822-5892
FAX 612-821-6424

See http://www.tcmc.org/anger-management.html for refund policy

See attached registration form.

MEN HELPING MEN WITH ANGER
material written by
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David J. Decker is a licensed psychologist who has been involved with the mental health field for 28 years serving as a therapist and program director in a variety of settings. For ten years, he served as director of a domestic abuse program at a community mental health center and he is currently in private practice at Merriam Park Professional Bldg in Saint Paul, Minnesota. He has also written a book, Stopping The Violence, A Group Model to Change Men's Abusive Attitudes and Behaviors. In addition, Dave has designed and presented workshops for professionals and community groups on shame and empowerment, anger regulation, domestic abuse, assertiveness, healthy relationships, stress management, and other topics.